



IFILADA SHIMBIRAH (HARGABKA SHIMBIRAH) SU'AALAH INTA BADAN LA ISWEYDIYO

Waa maxay ifilada shimbiruhu (hargabka shimbiruhu)?

Ifilada shimbiruhu waa cudur ay keenaan fayrasyada ifilada shimbiraha. Waxa jira noocyo kala duwan oo badan oo si dabiici ah looga helo shimbiraha. Shimbiraha duur-joogta ah ee adduunka oo dhan ayaa fayrasyada ku sida xiidmahooda laakiin waxa laga yaabaa in aanay la jiran. Hase yeeshi, ifilada shimbiruhu waxay si fudud ugu fidi kartaa shimbiraha waxana ay shimbiraha qaarkood ee la dhaqdo – oo ay ku jiraan digaaga, shimbir biyoddha iyo turkiga – ka dhigi kartaa kuwo aad u jiran waxana laga yaabaa inay xiitaa disho.

Dadku ma qaadi karaan ffilada shimbiraha?

Badanaa fayrasyada shimbiruhu cudur ma galiyaan dadka, laakiin marrar ay faraysyada shimbiruhu soo gaadheen bini'aadanka ayaa la arkay ilaa 1997. Guud ahaan halista in bini'aadanku ay la jiroodaan ifilada shimbiraha waa mid hooseysa. Hase yeeshi, inta lagu jiro faafid ifilo shimbiro oo ku faافتay shimbiraha la dhaqdo (digaagga la dhaqdo, shimbir biyoddha, iyo turkiga), waxa laga yaabaa inay halis ku jiraan dadka taabasho toos ah la leh shimbiraha cudureysan ama meelaha ay wasakheysay saxarada shimbaraha cudureysan.

Waa maxay fayraska H5N1 ee aynu intaa maqalno?

H5N1 waa nooca ifilo shimbir ee wadamada adduunka wakhtigan ka jira.

Ma dhacday in fayraska H5N1 ee laga walwalsan yahay laga helay gudaha Maraykanka?

Maya. Inkasta oo noocyo kale oo ah ifilada shimbiraha la arkay, lama arag dhacdooyin ah nooca fayraska ee loo yaqaano H5N1 oo laga helay shimbiro ama bini'aadan gudaha Maraykanka. Hase yeeshi, waxay culimada saynisku filayaan in fayrasku ugu dambeynta ku fido adduunka oo dhan.

Waa maxay calaamadaha ifilada shimbiraha ee bini'aadanka lagu arko?

Calaamadaha ifilada shimbiraha ee bini'aadanka lagu arkay waxay isugu jiraan calaamado u eeg kuwa ifilada caadiga ah (qandho, qufac, cune xanuun iyo muruq xanuun) ilaa cudur indhaha ah, cuduro neefsasho oo daran (sida cilad neefsasho oo daran), iyo dhib-korodh kale oo daran oo nafta halis galin kara. Waxa laga yaabaa in calaamadaha ifilada shimbiruhu ay ku xidhan yihiin nooca fayraska ee keenay cudurka.

Sidee baa bini'aadanka looga daweyaa ifilada shimbiraha?

Waxay cilmi-baadhistu tilmaamaysaa in dawooyinka dhakhaatiirtu qoraan (lidka-fayraska) ee loo aqbalay in loo isticmaalo fayrasyada ifilada bini'aadanka ay wax ka taraan in bini'aadanka laga joojiyo ifilada shimbiraha. Hase yeeshi, fayrasyada ifiladu waxay noqon karaan kuwo

adkaysi u yeeshaa dawooyinkaa, sidaa daraadeed waxa laga yaabaa in dawooyinkaasi aanay marwalba shaqeyn.

Ma jiraa talaal iga badbaadin karaa ifilada shimbiraha?

Wakhtigan ma jiro talaal bini'aadanka lagaga badbaadiyo fayraska H5N1. Hase yeeshaa, dadaalo loogu jiro soo-saarid talaal ayaa socda. Cilmi-baadhis lagu soo saarayo talaal bini'aadanka lagaga badbaadiyo fayraska H5N1 ayaa bilaabmay Bishii Afraad ee 2005. (Waxa kale oo cilmi-baadheyaashu ay ku hawlan yihiin talaal loo saaro H9N2, oo ah nooc hoosaad ay leedahay ifilada shimbiruhu.)

Waxa aanu intaa maqalnaa hadal ah in ifilada shimbiruhu bilaabi karto aafo. Waa maxay aafo ifilo?

Si ay faafidda ifiladu ama cudur fiday uu gaadho heer aafo, waa in uu yahay mid ka socda adduunka oo dhan, oo aan ku koobnay hal wadan ama hal qaarad.

Aafo cudur waxay bilaabmi kartaa marka ay saddex xaaladood wada jiraan:

- Waxa soo baxay nooc hoosaad cusub oo ah fayraska ifilada.
- Waxay gaadhay bini'aadanka, iyada oo u keenaysa cudur culus.
- Waxay tahay mid si fudud qofba qofka kale u qaadsiin karo.

Fayraska H5N1 waa uu ka soo baxaya labada shuruudood ee ugu horeeyaa, laakiin ilaa imminka si fudud qofku uma qaadsiin karo qofka kale. Haddii shuruudda saddexaad uu fayraska ka soo baxo, waxa uu fayrasku ku fidi karaa adduunka oo dhan, isaga oo keenaya aafo ifilo.

Halista aafo ifilo waa wax culus. Marka ay sii jiraan dhacdooyinka ah H5N1 oo lagu arko shimbiraha, waxa sii jiri doonaa halis bini'aadanka ku iman karta. Dhacdo kasta oo uu bini'aadan ku dhacay waxay fayraska siinaysaa fursad uu isku beddelo. Isbeddeladaa macnahoodu waxa uu noqon karaa in fayrasku uu si fudud bini'aadanka uga kala gudbo oo qofku qofka kale qaadsiyo. Waxa kale oo suurogal ah in fayraska ku dhaco bini'aadanka ay sii balaadhisay fayraska oo dhawaan ku fiday shimbiro la dhaqdo iyo shimbiro duurjoog ah oo ku nool aagag cusub.

Inkasta oo aan wakhtiga imaatinka aafada soo socota iyo darnaanteeda aan midna la sii saadaalin karin, waxa soo kordhay walaaca laga qabo in aafo iman doonto.

Maxaan sameyn karaa si aan naftayda iyo qoyskayga uga badbaadiyo ifilada shimbiraha ama nooc kasta oo ah ifilo?

Waxa aad qaadi kartaa talaabooyin fudud oo aad gargaar kaga geysan kartid fidista nooc kasta oo ah ifilo iyo cuduro kale. Raac talaabooyinkan fudud:

- Iska ilaali xidhiidh dhow oo aad la yeelatid dadka jiran.
- Ka fogow dadka kale haddii aad jiran tahay.
- Guriga joog oo ha tagin shaqada, dugsiga iyo adeegyada marka aad jiran tahay, isla markaana ilmahaaga ha u dirin goobta sii-haynta ilmaha ama dugsiga haddii ay jiran yihiin.
- Dabool afkaaga iyo sankaaga marka aad qufacaysid ama hindhisaysid.
- Dhaq gacmahaaga marrar badan ama isticmaal gacan nadiifiye aan biyo ku jirin.

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